

# Interdisciplinary CME Intervention Improves Clinicians' Knowledge and Confidence in Recognition and Management of Worsening COPD

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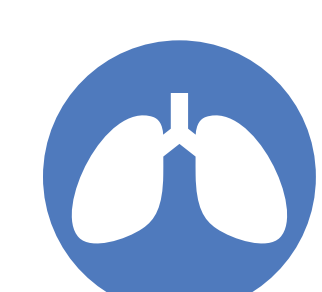
## BACKGROUND

Chronic obstructive pulmonary disease (COPD) is a progressive condition, often diagnosed in late stages. Goals of COPD management include relieving symptoms, slowing disease progression, and preventing exacerbations, which can accelerate disease progression. Suboptimal disease management is generally the cause of COPD exacerbations and contributes to increased morbidity, healthcare utilization, and mortality. Clinicians on the COPD care team often have difficulty recognizing and managing exacerbations, posing a barrier to improved outcomes for patients with worsening COPD.



## METHODS

An online CME roundtable panel discussion was developed to better equip members of the COPD care team to recognize worsening COPD and manage exacerbations. Learners completed a pre- and post-education assessment with 3 multiple-choice questions to assess knowledge and 1 5-point Likert scale question to assess confidence. Using a repeated pairs design, pre-/post-education responses were compared and a McNemar's test was used to assess statistical significance ( $P < .05$ ). The activity was launched on 4/9/24, and data were collected through 7/24/24.



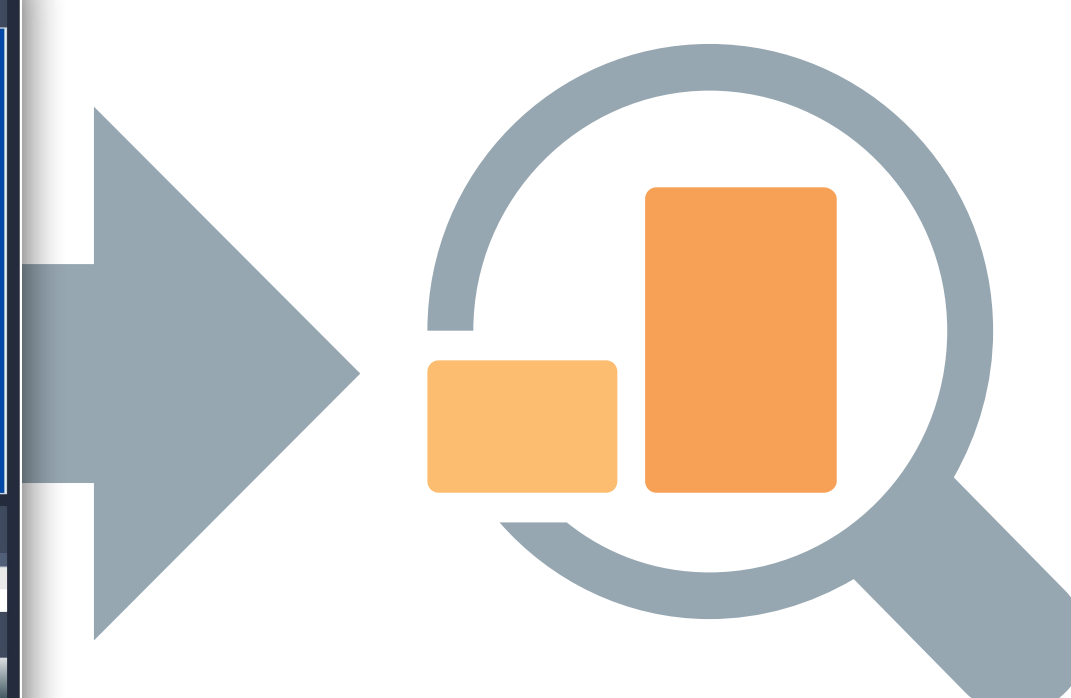
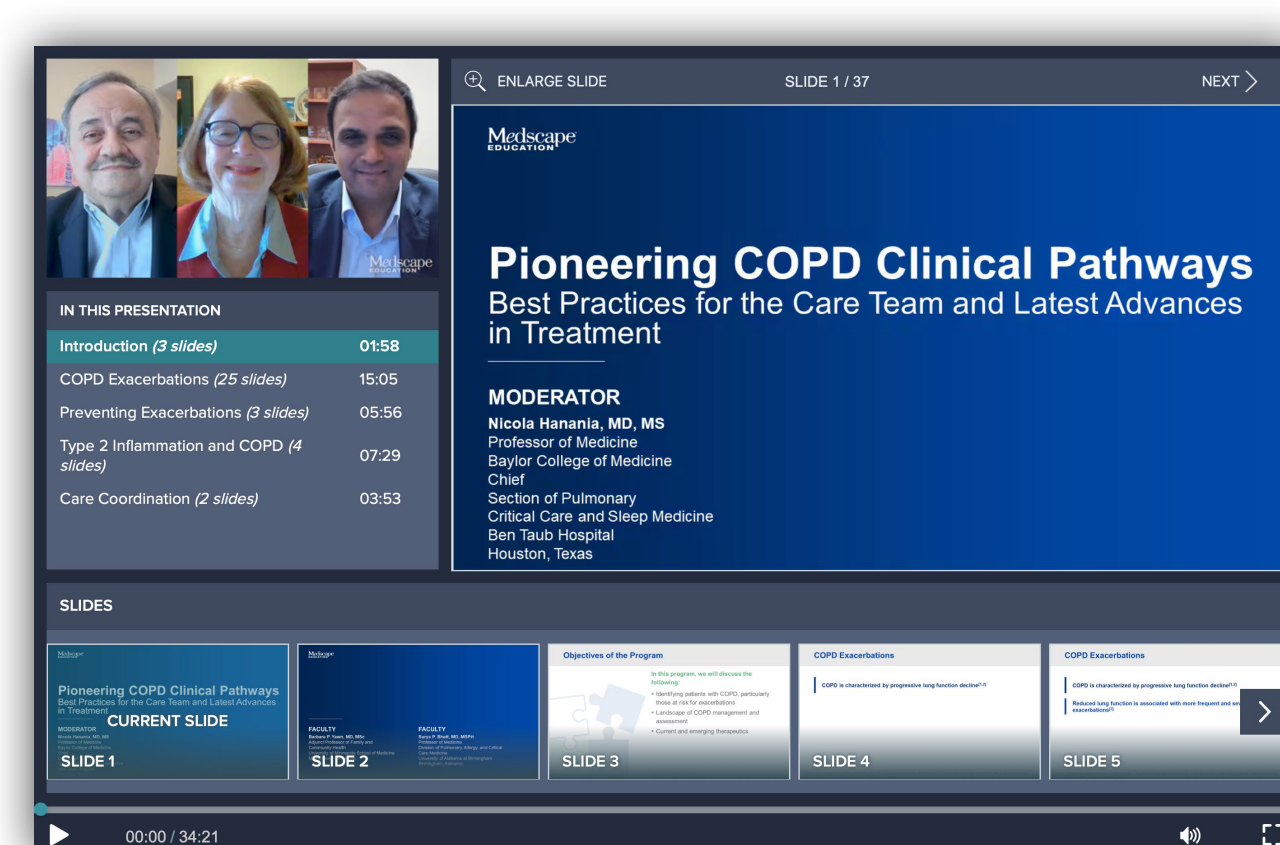
**Pulmonologists**  
(n = 93)



**Primary Care Physicians (PCPs)**  
(n = 321)



**Nurse practitioners/Physician assistants (NPs/PAs)**  
(n = 121)



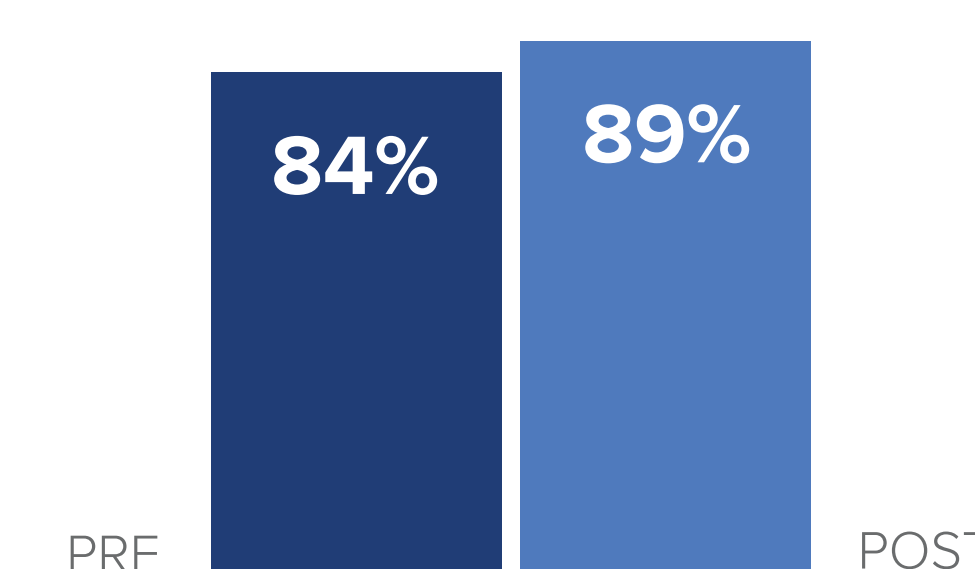
## RESULTS

The following gains in knowledge were observed:

### KNOWLEDGE REGARDING THE EARLY RECOGNITION OF PATIENTS WITH WORSENING COPD

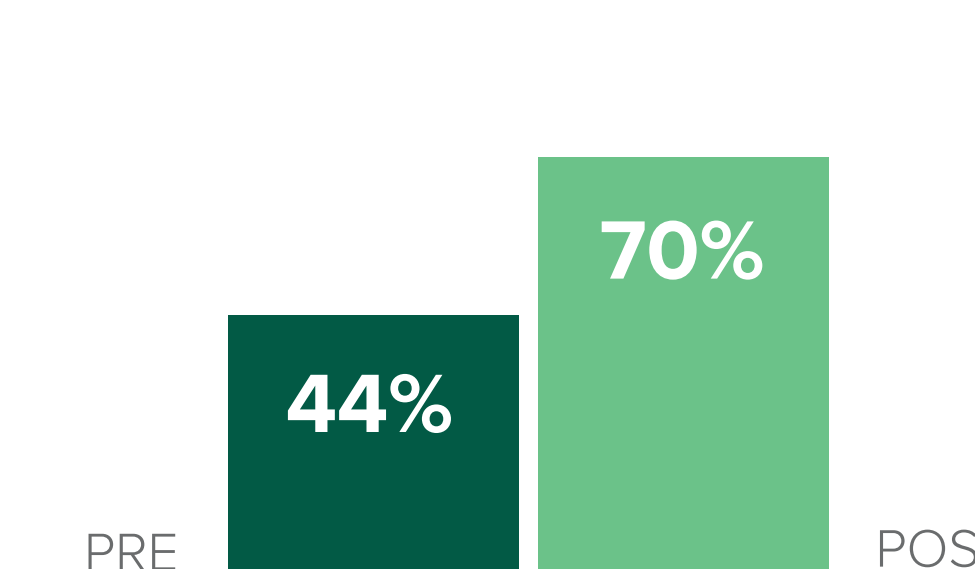
**Pulmonologists** (n = 93);  $P < .05$

AGGREGATED RESULTS  
6%  
RELATIVE INCREASE



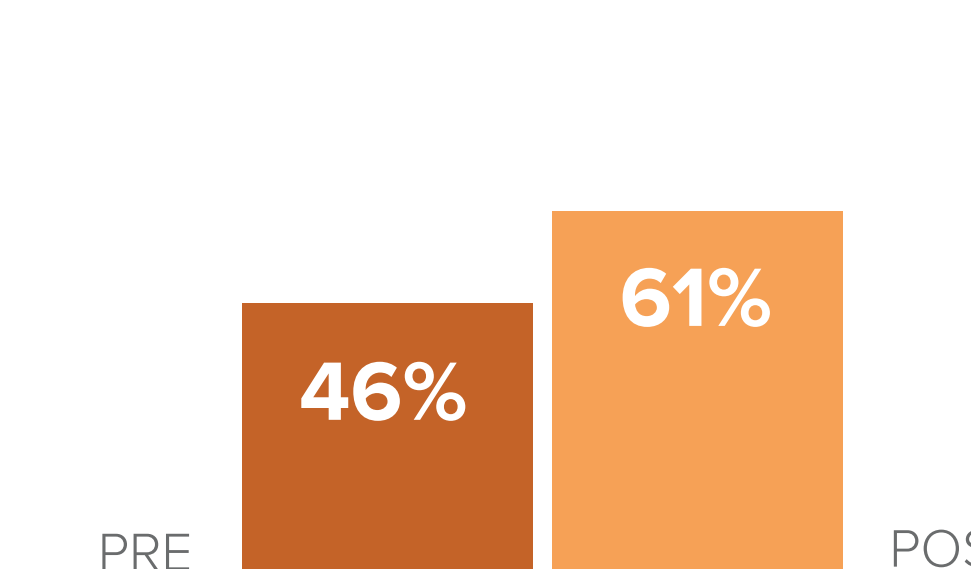
**PCPs** (n = 321);  $P < .001$

AGGREGATED RESULTS  
59%  
RELATIVE INCREASE



**NPs/PAs** (n = 121);  $P < .001$

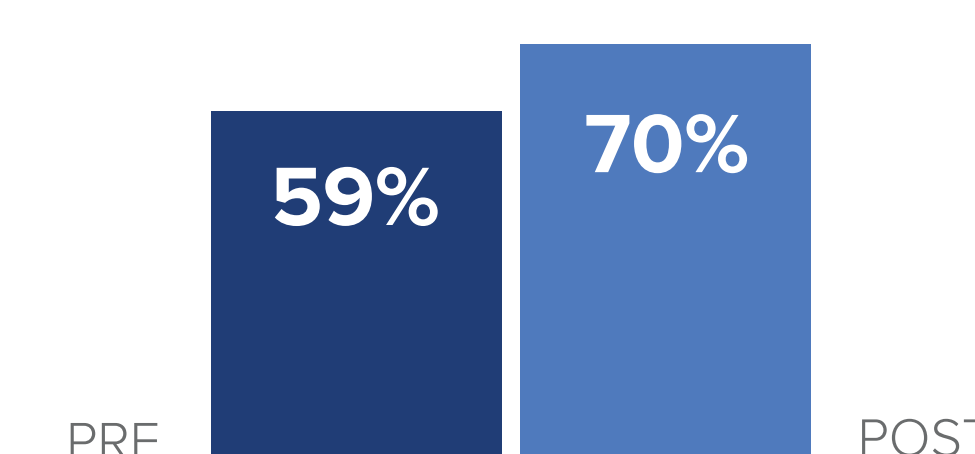
AGGREGATED RESULTS  
33%  
RELATIVE INCREASE



### KNOWLEDGE REGARDING THE LATEST THERAPEUTIC DEVELOPMENTS IN COPD

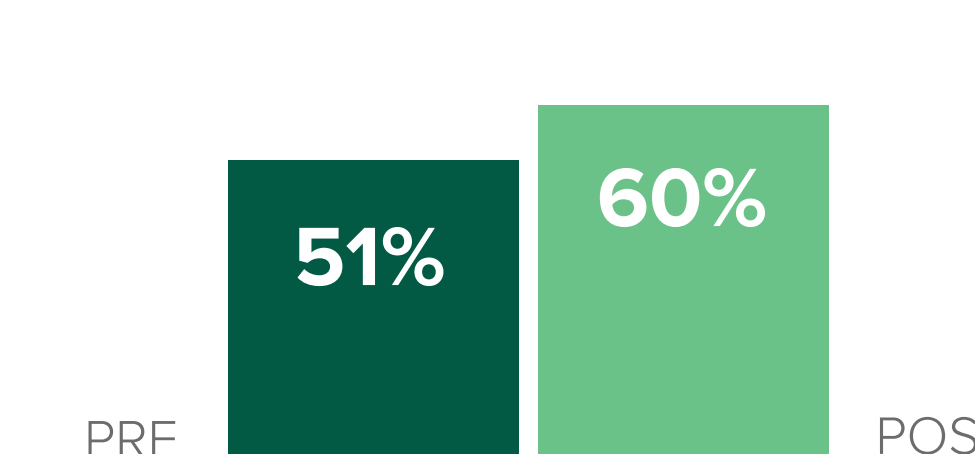
**Pulmonologists** (n = 93);  $P < .001$

AGGREGATED RESULTS  
19%  
RELATIVE INCREASE



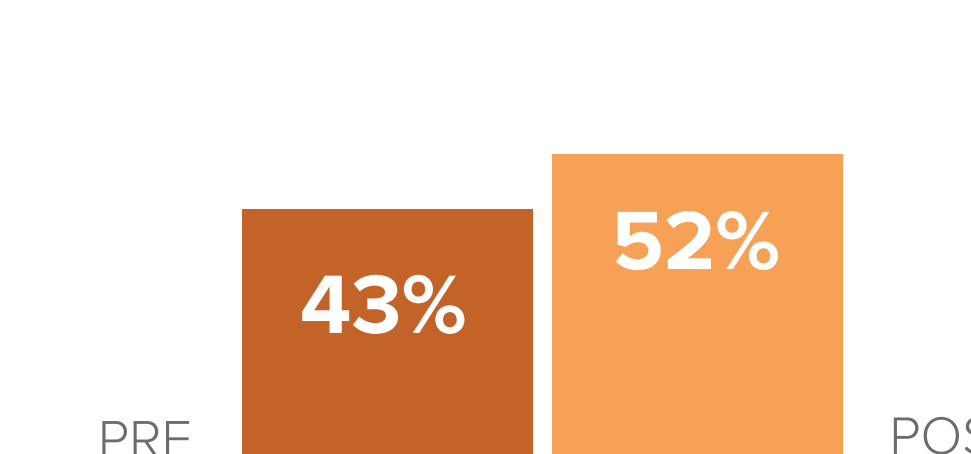
**PCPs** (n = 321);  $P < .001$

AGGREGATED RESULTS  
18%  
RELATIVE INCREASE



**NPs/PAs** (n = 121);  $P < .001$

AGGREGATED RESULTS  
21%  
RELATIVE INCREASE

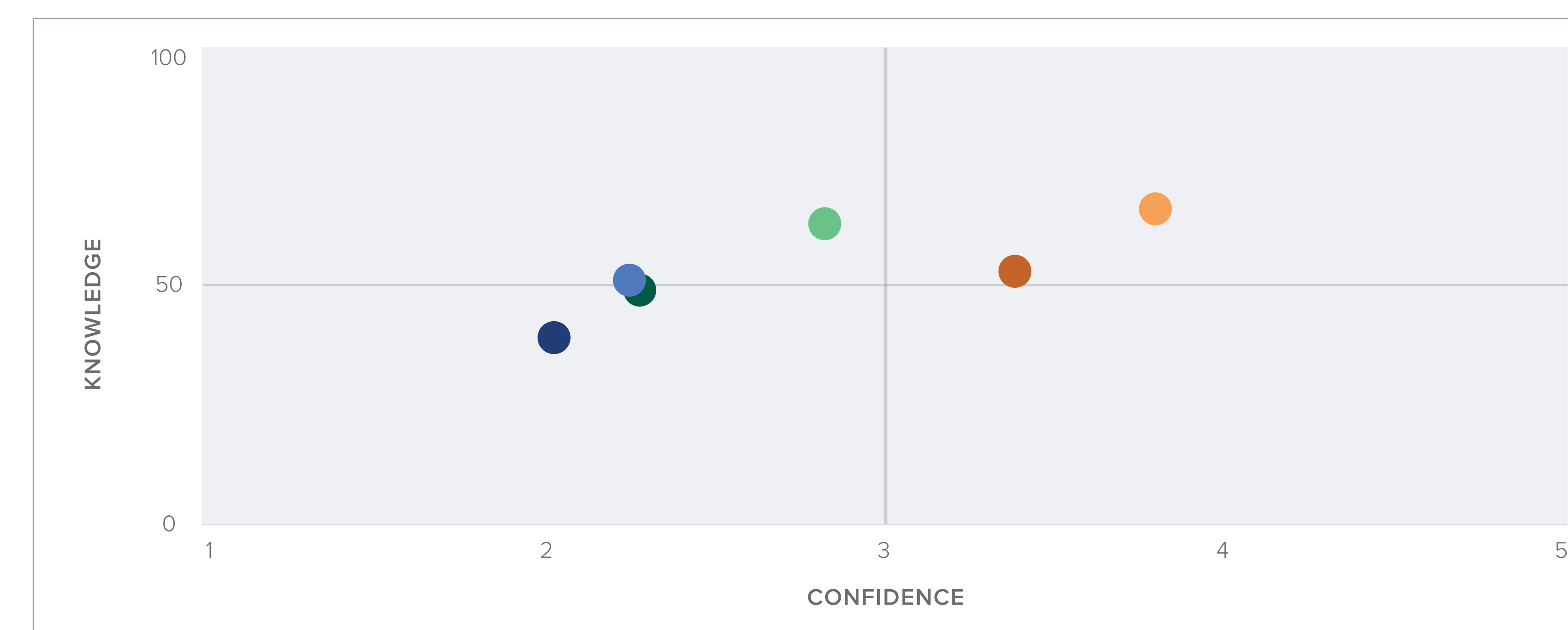


Additionally, an increase in confidence related to assessing disease severity among patients with COPD was observed across all 3 groups.

**Pulmonologists** (n = 93) ■ PRE ■ POST

**PCPs** (n = 321) ■ PRE ■ POST

**NPs/PAs** (n = 121) ■ PRE ■ POST



## CONCLUSIONS

- This analysis shows the success of online CME in improving clinicians' knowledge regarding recognition and management of worsening COPD.
- Pulmonologists showed high levels of baseline knowledge and notable confidence gains.
- PCPs showed the greatest gains in knowledge across specialties, which is important to promote earlier referrals to a specialist.
- NPs and PAs had lower levels of knowledge and confidence post-activity, suggesting a need for additional education in this group.

### ACKNOWLEDGEMENTS

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